

Providing SRNAs Skills and Tools to Combat Stress During Nurse Anesthesia Training

Michael Pidgeon BSN, RN



MARQUETTE
UNIVERSITY

College of Nursing
Nurse Anesthesia

Problem/Gap

- “Nursing educational institutions have a responsibility to ensure students’ well-being and to impart to them the skills and resources necessary for well-being throughout their nursing career” (National Academies of Sciences, Engineering, and Medicine, 2021)
- “Students face substantial academic, relational, and emotional demands, financial strain, altered living routines, sleep deprivation, and lack of leisure time” (Griffin et al., 2017)
- Doctoral nurse anesthesia education
- Lack of understanding from family/friends
- Stressful career

Supporting Literature

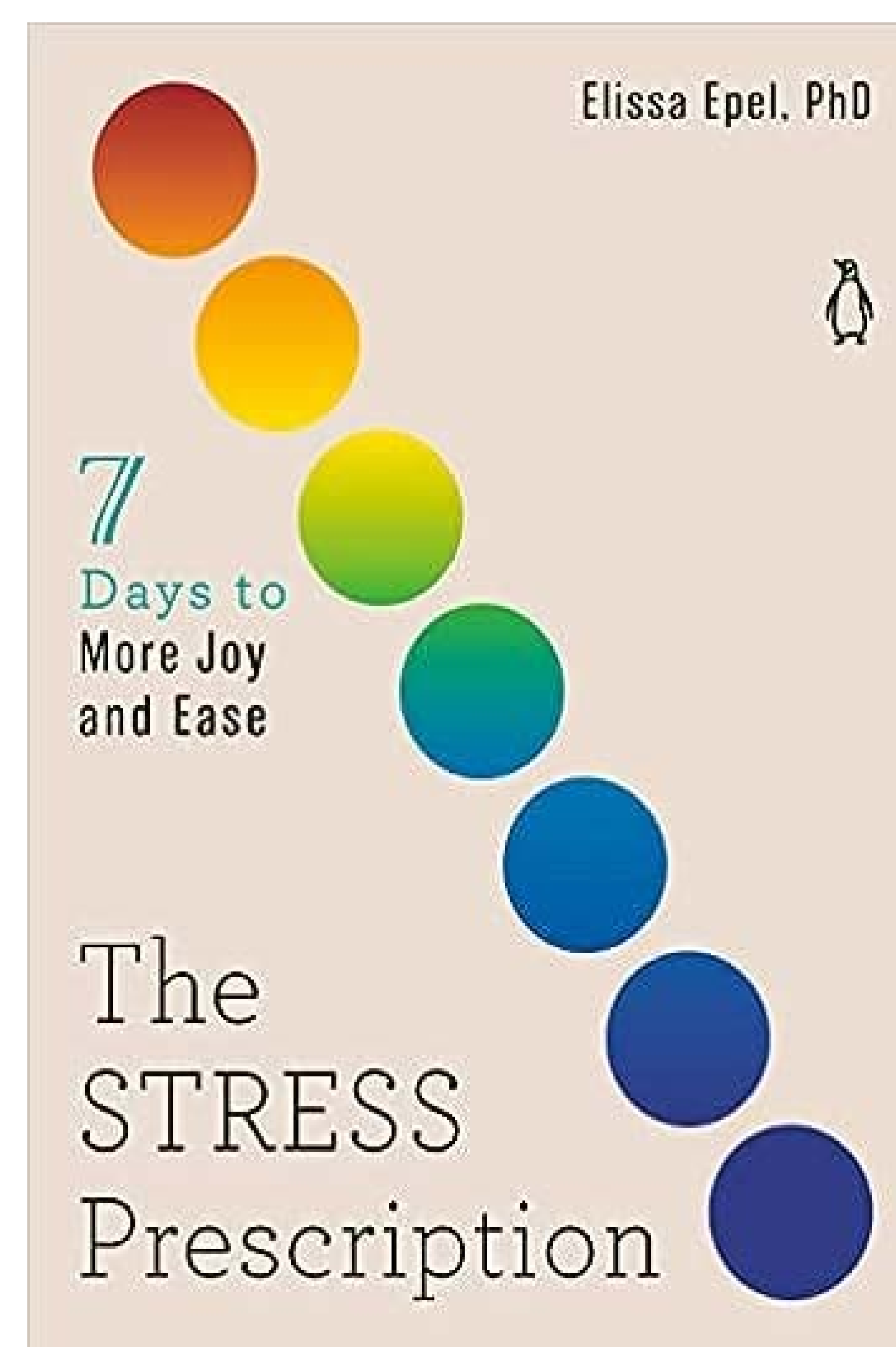
- The following describes techniques that are effective in reducing stress, burnout, and enhancing well-being.
- Schedule time-off or breaks from school/clinical
- Cohort to cohort activities outside of clinical/coursework (Mesisca & Mainwaring, 2021)
- Stress management strategies (Chipas & McKenna, 2011)
- Exercise (NIMH, 2019)
- Support and help from others (Conner, 2015)
- Connecting to a “spiritual” self (Chipas & McKenna, 2011)
- Deep breathing exercises (NIMH, 2019)
- Identifying the stressors your life (NIMH, 2019)
- Professional counseling (Higgins & Hartgerink, 2022)
- Prescription medications (Higgins & Hartgerink, 2022)
- Adequate sleep (NIMH, 2019, 2020, 2023)

Purpose

- Increase resources to MU NAEP SRNAs
- Increased self-reports of skills/tools utilized to maintain and/or improve well-being from start to end of semester
- Improved or maintained well-being throughout the first semester of the MU NAEP
- Instill knowledge on the threats to mental health while matriculated

Methods, Sample, and Data Collection

- Convenience sample of 1st semester nurse anesthesia students in an anesthesia program in the WI region
- Pre-, post-test with three-month follow-up using survey tools for data collection
- Marquette University IRB determined this project as quality improvement
- Anonymous data collection
- Data will be stored in a password protected account



Implementation

- Book selected to teach skills/tools to combat stress over a 7-day period
- The book contains many of the of the best practices supported in the literature, which is why it was chosen
- Skills/tools developed include:
 - Catch and release (physical tensions)
 - Letting go when things no longer serve you (dropping baggage)
 - Meet the moment and recover well (positive outcomes from stressor)
 - Utilizing stress response in a positive manner (exercise)
 - Getting perspective and connecting with nature
 - Deep rest states (deep breathing)
 - Gratitude exercises
- Measures target impact of text exercises on self-reported levels of wellness, burnout, anxiety, and stress

Timeline

- Data collection occurs immediately prior to text introduction
- 10-days post text completion
- At the conclusion of the first semester in the program
- Entirety of project concluded by 4/1/2024

References

